

Sunrise Grill reopens in Hanau

By Dennis Johnson
*414th Base Support Battalion
Public Affairs Office*

The Sunrise Grill at Old Argonner Kaserne reopened Jan. 5 after renovations and a change of management.

"We've been here since mid-December, working on the place, cleaning it up and creating a new menu," said Winston Guess, manager.

The new restaurant is located in the basement of Building 405 at Old Argonner Kaserne, just below the Five Pfennig Playhouse.

"I've wanted a restaurant for my entire life, and we want to make this a family place," he said. "We want it to be real friendly."

Guess' son-in-law helps cook during the week and his wife manages the finances and also cooks a few of the homemade soups he offers everyday.

"We're not going to buy anything out of a can," said Guess. "We make sandwiches with fresh rolls from the German bakery every morning. We make homemade biscuits

and "SOS" (politely know as creamed chipped beef) every morning. We're flexible too. We can make nearly anything to the customer's request."

The breakfast menu offers two-egg regular omelettes and a three-egg western omelette. "Anyway a customer wants his or her omelette, if I have the ingredients, I'll make it," said Guess. "We also have homemade hash browns and home fries, french toast, pancakes and even grits on the breakfast menu."

For lunchtime the Sunrise Grill offers a variety of fresh "big salads," just like on the Seinfeld show, to go with the homemade soups. A Chicken Caesar Salad, a Vegetarian Caesar Salad and an Italian Salad with tuna fish are all on the menu. Six-ounce hamburgers and cheeseburgers are cooked fresh on the grill.

One daily special, a Jäger schnitzel with french fries and a salad was priced at \$4.

Guess said he takes pride in the cleanliness of the Sunrise Grill too. "Anyone, at anytime who wants to come in and tour my kitchen —

they're welcome to do so."

"I love working with the young soldiers and their families," said Guess a Vietnam vet with three Purple Hearts. He was stationed in Germany with the Army, on and off, since 1963 and then drove a truck for the Deutsche Post before taking on this new venture.

The Sunrise Grill can be used for lunch meetings, and Guess is preparing a special room next to the grill for meetings and children's birthday parties. "Just give me a few days notice and I can arrange for a cake to be delivered, or you can bring your own. I'll have a special menu to choose from for the kids."

The Sunrise Grill is open from 7 a.m. to 2 p.m. Monday to Friday until the grand opening on Jan. 20. Guess invited people to come to the grand opening to sample his food and tour his restaurant.

After Jan. 20 the Sunrise Grill will be open Tuesday to Friday from 7 a.m. to 2 p.m. and Saturday and Sunday from 8 a.m. to 1 p.m. They'll be closed on Mondays. "Everyone needs a day off," he said.

Call mil 322-9149, civ (06181) 88-9149.



Photo by Dennis Johnson

Winston Guess serves up a freshly grilled burger.



Bulletin board

At the movies Jan. 20 to Feb. 5

Baumholder, Wagon Wheel

Jan. 22 — Mystic River (R) 7 p.m.
Jan. 23-24 — Lord Of The Rings: The Return Of The King (PG-13) 7 p.m.
Jan. 25 — Elf (PG) 4 p.m. Runaway Jury (PG-13) 7 p.m.
Jan. 29-30 — The Matrix Revolutions (R) 7 p.m.
Jan. 31 — Peter Pan (PG) 4 p.m. Radio (PG) 7 p.m.
Feb. 1 — Peter Pan (PG) 4 p.m. Love Actually (PG) 7 p.m.
Feb. 2-5 — Closed for renovation

Büdingen, Little

Jan. 31 — Brother Bear (G) 3 p.m.

Dexheim, Rhein

Jan. 23 — Elf (PG) 7 p.m.
Jan. 24 — The Matrix Revolutions (R) 7 p.m.
Jan. 25 — Peter Pan (PG) 3 p.m.
Jan. 30 — Love Actually (PG) 7 p.m.
Jan. 31 — Cheaper By The Dozen (PG) 7 p.m.
Feb. 1 — Looney Tunes: Back In Action (PG) 3 p.m.

Friedberg, Old Ironsides

Jan. 22 — The Texas Chainsaw Massacre (R) 7 p.m.
Jan. 23-24 — The Haunted Mansion (PG) 7 p.m.
Jan. 25 — Brother Bear (G) 7 p.m.
Jan. 29 — Elf (PG) 7 p.m.
Jan. 30-31 — The Last Samurai (R) 7 p.m.
Feb. 1 — The Matrix Revolutions (R) 7 p.m.
Feb. 5 — Runaway Jury (PG-13) 7 p.m.

Giessen, Skyline

Jan. 20-21 — Dr. Seuss' The Cat In The Hat (PG) 7 p.m.
Jan. 23 — Scary Movie 3 (PG-13) 7 p.m.
Jan. 24 — Kill Bill (R) 7 p.m.
Jan. 25 — In The Cut (R) 7 p.m.
Jan. 27-28 — The Haunted Mansion (R) 7 p.m.
Jan. 30 — Dr. Seuss' The Cat In The Hat (PG) 7 p.m.
Jan. 31 — Beyond Borders (R) 7 p.m.
Feb. 1 — Scary Movie 3 (PG-13) 7 p.m.
Feb. 3-4 — The Last Samurai (R) 7 p.m.

Hanau, Evening Star

Jan. 20 — Mystic River (R) 7 p.m.
Jan. 21 — Scary Movie 3 (PG-13) 7 p.m.
Jan. 22 — Mystic River (R) 7 p.m.
Jan. 23 — Chasing Liberty (PG-13) 7 p.m.
The Matrix Revolutions (R) 9:30 p.m.



Mandy Moore and Matthew Calder star in "Chasing Liberty."

Jan. 24 — Chasing Liberty (PG-13) 7 p.m.
Runaway Jury (PG-13) 9:30 p.m.
Jan. 25 — Elf (PG) 4 p.m. Chasing Liberty (PG-13) 7 p.m.
Jan. 26 — The Matrix Revolutions (R) 7 p.m.
Jan. 27 — Elf (PG) 7 p.m.
Jan. 28 — The Matrix Revolutions (R) 7 p.m.
Jan. 29 — Runaway Jury (PG-13) 7 p.m.
Jan. 30 — Torque (PG-13) 7 p.m. Love Actually (PG) 9:30 p.m.
Jan. 31 — Looney Tunes: Back In Action (PG) 7 p.m. Torque (PG-13) 9:30 p.m.
Feb. 1 — Looney Tunes: Back In Action (PG) 4 p.m. Torque (PG-13) 7 p.m.
Feb. 2 — Radio (PG) 7 p.m.
Feb. 3 — Looney Tunes: Back In Action (PG) 7 p.m.
Feb. 4 — Love Actually (PG) 7 p.m.
Feb. 5 — Radio (PG) 7 p.m.

Rhein Main, Gardens

Jan. 21 — Cheaper By The Dozen (PG) 7 p.m.
Jan. 23 — Lord Of The Rings: The Return Of The King (PG-13) 7 p.m.
Jan. 24 — Elf (PG) 5 p.m. The Matrix Revolutions (R) 7:30 p.m.
Jan. 25 — Runaway Jury (PG-13) 7 p.m.
Jan. 28 — Chasing Liberty (PG-13) 7 p.m.
Jan. 30 — Peter Pan (PG) 7 p.m.
Jan. 31 — Looney Tunes: Back In Action (PG) 5 p.m. Love Actually (PG) 7:30 p.m.
Feb. 1 — Radio (PG) 7 p.m.

Feb. 4 — Torque (PG-13) 7 p.m.

Wackernheim, McCully

Jan. 21 — Elf (PG) 7 p.m.
Jan. 28 — Love Actually (PG) 7 p.m.
Feb. 4 — Movie to be announced locally 7 p.m.

Wiesbaden, Flyers

Jan. 22 — Cheaper By The Dozen (PG) 7 p.m.
Jan. 23 — Elf (PG) 7 p.m.
Jan. 24 — The Matrix Revolutions (R) 7 p.m.
Jan. 29 — Chasing Liberty (PG-13) 7 p.m.
Jan. 30 — Love Actually (PG) 7 p.m.
Jan. 31 — Looney Tunes: Back In Action (PG) 7 p.m.
Feb. 5 — Torque (PG-13) 7 p.m.

Wiesbaden, Taunus

Jan. 20 — Scary Movie 3 (PG-13) 7 p.m.
Jan. 21 — Mystic River (R) 7 p.m.
Jan. 22 — Brother Bear (G) 7 p.m.
Jan. 23 — Cheaper By The Dozen (PG) 7 p.m. The Matrix Revolutions (R) 9:30 p.m.
Jan. 24 — Cheaper By The Dozen (PG) 4 p.m. Elf (PG) 7 p.m. Runaway Jury (PG-13) 9:30 p.m.
Jan. 25 — Cheaper By The Dozen (PG) 4 p.m. Elf (PG) 7 p.m.
Jan. 26 — Cheaper By The Dozen (PG) 6:30 p.m.
Jan. 27 — Runaway Jury (PG-13) 7 p.m.
Jan. 28 — The Matrix Revolutions (R) 7 p.m.
Jan. 29 — The Texas Chainsaw Massacre (R) 7 p.m.
Jan. 30 — Chasing Liberty (PG-13) 7 p.m. Love Actually (PG) 9:30 p.m.
Jan. 31 — Looney Tunes: Back In Action (PG) 4 p.m. Chasing Liberty (PG-13) 7 p.m. Love Actually (PG) 9:30 p.m.
Feb. 1 — Radio (PG) 4 p.m. Chasing Liberty (PG-13) 7 p.m.
Feb. 2 — Chasing Liberty (PG-13) 6:30 p.m.
Feb. 3 — Looney Tunes: Back In Action (PG) 7 p.m.
Feb. 4 — Radio (PG) 7 p.m.
Feb. 5 — Love Actually (PG) 7 p.m.

Movies and times subject to change by local theaters. For the most up-to-date schedule visit the ASG's website (see address below).

Movie plots

Chasing Liberty (PG-13) — Anna Foster (Mandy Moore) wants the American dream: life and liberty to pursue happiness. But as the only child of the president of the United States, every detail of her life is constantly monitored. While on a diplomatic trip to Europe with her parents, Anna meets mysterious stranger Ben Calder (Matthew Goode) and goes on an adventure.

Cheaper By The Dozen (PG) — When Tom Baker (Steve Martin) gets a job coaching football at Chicago's Northwestern University, he and his wife, Mary, move to the big city. It's a big change for them and their 12 children. The publication of Mary's long-in-the-works book puts even more demands on the family.

Scary Movie 3 (PG-13) — In the third installment of the Scary Movie franchise, the hapless Cindy Campbell (Anna Faris) is a television news anchorwoman summoned to investigate mysterious crop circles on a farm and uncover the secret behind the death of a close friend. During the trip she meets a man called Orpheus who explains that she is "The One" and must help the president of the United States prevent an alien invasion.

Torque (PG-13) — Trey Wallace (Ice Cube), leader of the Machine, one of the most feared biker gangs in the country, squares off against another gang, the Hellions, in this action flick set in the world of motorcycle racing.

Love Actually (PG) — Several stories are woven together in this romantic comedy — from the British prime minister who falls in love 30 seconds after entering Downing Street to a loser sandwich delivery guy who doesn't have a hope with the girls, a jilted writer who escapes to the south of France to nurse his broken heart to an aging rock star trying to make a comeback at any price. Stars Liam Neeson, Laura Linney, Hugh Grant, Emma Thompson and Rowan Atkinson.

Mystic River (R) — Sean Penn, Kevin Bacon and Laurence Fishburne star in this gripping drama about three friends who are reunited by the murder of a 19-year-old girl.

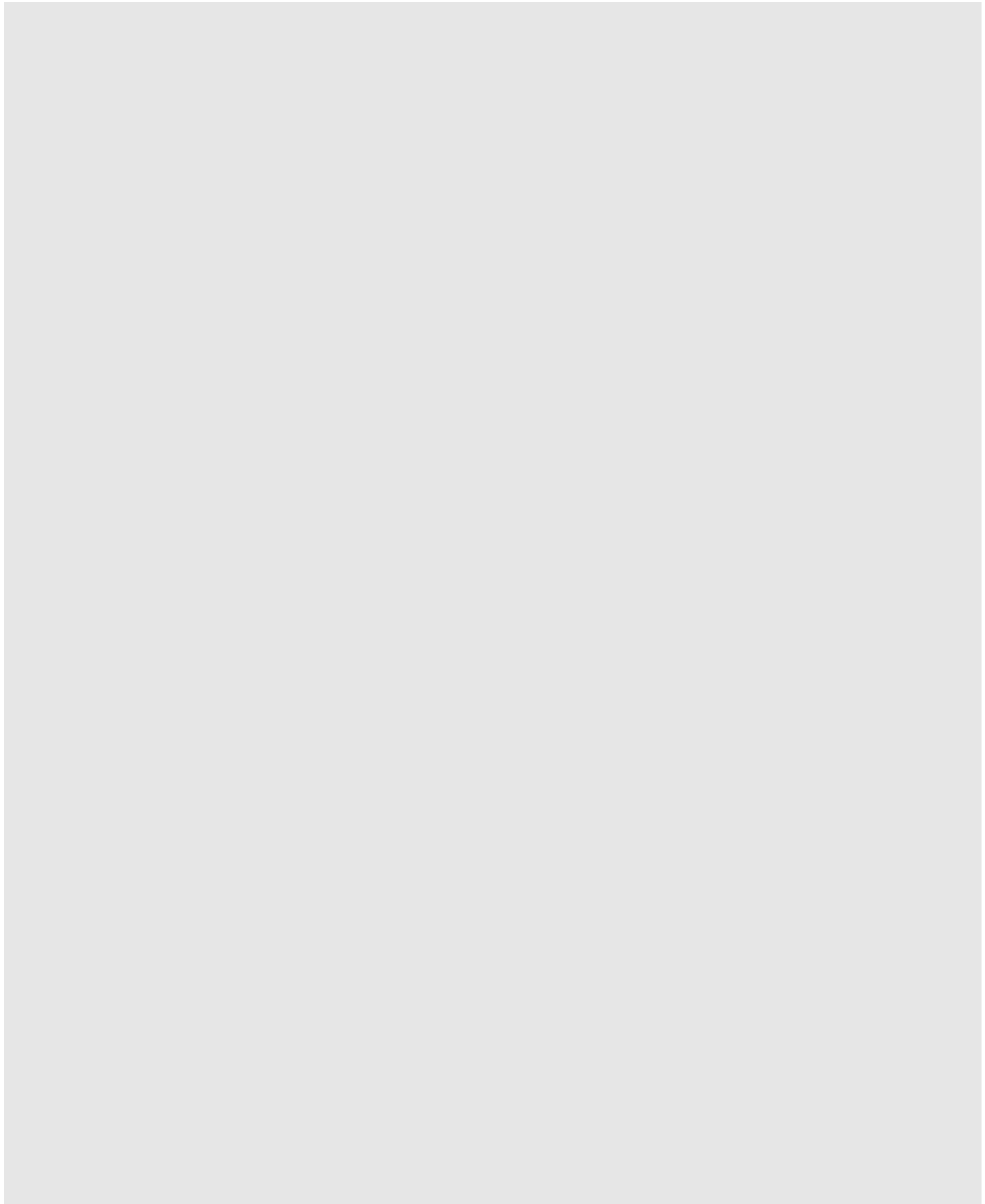
The Matrix Revolutions (R) — The rebels' long quest for freedom culminates in an explosive battle in the final chapter of The Matrix series. As the machine army devastates Zion, its citizens put up a defense in the hopes that Neo (Keanu Reeves) can harness the full extent of his powers.

Runaway Jury (PG-13) — A member of the jury in an explosive trial against a gun manufacturer joins forces with a beautiful woman to manipulate the panel. With millions of dollars at stake in the precedent-setting lawsuit, the jurist finds himself battling a high-priced and ruthless jury "consultant." Stars Gene Hackman, John Cusack and Dustin Hoffman.



Jay Hernandez (from left), Martin Henderson and Will Yun Lee star in "Torque," a movie about rival motorcycle gangs that face off for speed bragging rights.

Herald Union classifieds



Hainerberg students use cool tools

Teachers mix high tech approaches to cover basics

By David Ruderman
104th Area Support Group Public Affairs Office

Grade school isn't what it used to be. With high tech computer connections and a wealth of Internet-based tools to choose from, teachers have turned their classrooms into activity centers that incorporate learning possibilities impossible a generation ago.

"Technology is an important part of the curriculum at Hainerberg Elementary," said principal Mark Benham. "It provides us with opportunities that we didn't have before. Some kids who may not do too well with textbook instruction may find that they can shine with some of these programs."

Children at all levels are being educated to become familiar with computers and keyboards. First-graders are taught to log on using passwords to access learning games. Beginning in fourth grade students work through a 30-lesson, Type to Learn self-instruction module that teaches typing.

Once they master the basics students can step into worlds of exploration that broaden their horizons while reinforcing skills tied to their classroom learning.

"We're doing a really cross-curricular program," said fifth-grade teacher Todd Barkhymer. He and fellow fifth-grade teacher Vivian Batts have involved their students in online participation in the Jason Project. This year's theme revolves around the preservation of rain forests using the Isthmus of Panama as its central focus.

"It's cool. I use it as a supplement and to teach the standards in science. It's more interesting for the kids," said Barkhymer.

A group of Jason Project scientists are on the ground there, and Barkhymer's students keep up to date on their progress, read their reports and chat with the scientists and students around the world about the ongoing work. Barkhymer's students are writing online journals and will work up questions to submit to project scientists later in the year, he said. They have also been role playing a variety of models for the exploitation of the rain forest environment.

"To be honest, I really learn a lot," said Barkhymer. "It's opened my eyes to this part of the world. All of a sudden, this area that you might have heard a little about, you find out everything about it. It's the slavery and the social history. The kids really respond to the social studies component and the science comes through that."

"You find out a lot more than you do in a paper," said fifth-grader LaRae Baptist.

"Besides the fact that we get to use different kinds of technology, we get to learn how to control the native grass of Panama," said Ann Abney. "It's called elephant grass and you can burn it or use pesticides or grow trees."

"The good thing about working with computers is in the digital labs we find out about animals in the rain forests. We can hear the voices of the different bats and find out which they are," said Catherine Martinez.

"I think it's better working with computers because in digital labs you can watch and see how things happen. You can experiment more," said Emma Waugh.

"You're also learning and you're having fun at the same time," said Jasmyne Hammonds.



Photo by Karl Weisel

Fourth-graders Chris Dianne Rivera (left) and Kaitlyn Main navigate software in the computer lab.

"It's really fun. You're messing around with it and you learn new things," said Alton Teasley. He described the hydrological cycle of evaporation, condensation and precipitation that students can recreate online, altering input values and assessing the varying results.

"The learning is in the fun," said Alex Boyer.

Sparking interest

"Obviously you have to have math," said Barkhymer, "but we also write journals and there's a lot of reading. There are lots of cool things in there to spark their interest."

Teachers have a degree of freedom in electing the supplemental materials they combine with mandatory textbooks to make sure students are taught the standards.

"Actually the direction comes from the Department of Defense Dependents Schools-wide curriculum standards," said Benham.

"Teachers have some leeway, obviously. We're all different, but the idea is that kids should be taught specific things. It's not how you go about teaching it."

Talented and Gifted teacher Carole Bradley had her students research and design Power Point presentations exploring countries around the world. The slide shows became the basis of web pages that students created themselves.

James O'Brien has been using a program created by Lego Dacta to expose his fifth-graders to fundamentals of science. A recent module concentrated on the classic mechanical devices of antiquity: wheels, axles, gears, pulleys and levers. Another focused on bridges.

"It's the hands-on part that keeps their interest there," said O'Brien. "I keep telling them they're not toys, but there's a toy aspect to them that attracts them. I'd say they really look forward to

science. You know how when you look back on your own school experience there a few things you remember as standing out? I hope when they're leaving they'll be saying 'We did some interesting things there.'"

The stimulation should help students do well on standardized tests, said teachers.

"I think they'll do really well. They're working hard; they're really focused. It's a great class," said Barkhymer.

"Our kids were scoring above average, but there's always room for improvement," said Benham. "Even schools that do well top out. The question is: How do you do better? Our goal was to take information and put it in a visual format so that our students could understand, comprehend and learn better. We think we've found a good way to do that."

School bits

Sign in for security

In a time of heightened security concerns school officials remind the community that all visitors to 104th Area Support Group schools must register and obtain a visitor's pass at the main office before proceeding to contact students, teachers or staff members.

Scholarship news

The 2004 Scholarships for Military Children program is under way. For details click into their website at www.militaryscholar.org. The Kaiserslautern American German Business Club is accepting applications for its annual

scholarship program. Two 1,000 euro scholarships will be awarded. The submission deadline is Jan. 30. For information send email to rhinotom@t-online.de. The American Legion makes scholarship support available for the children of military members killed in the war on terrorism through its American Legacy Scholarship program. For information and an application go to www.legion.org.

Techno conference set

The Association for Supervision Curriculum Development and the Germany chapter of Phi Delta Kappa will host a Technology Conference Jan. 31 in Ramstein. Educators and parents with an interest in technology and education integration are invited to attend. Graduate credit is available through the University of San Diego. For information go

to www.pdk.eu.odedodea.edu.

Artists sought

Submissions of artwork, poems and essays by military children from pre-school through 12th grade are sought for the annual Military Child Education Coalition publication, "On The Move," and the organization's 2005 calendar. This year's theme is "For All Seasons." Hard copy entries must be mailed to MCEC, 108 EFM 2410, Suite D, Harker Heights, TX, and be postmarked by Feb. 15. For details point your browser to www.militarychild.org and scroll down to the "On The Move" link.

Winter Challenge 2004

About 35 students with moderate to se-



vere educational needs from Department of Defense Dependents Schools across Europe will travel to Berchtesgaden Jan. 27-30 for Winter Challenge 2004. The students, in grades three through 12, will engage in a variety of winter sports events and practice their social skills under the oversight of the Hinterbrand Lodge staff.

Volunteer for Olympics

Volunteers are sought for the Kaiserslautern Special Olympics Spring Games to be held May 12. More than 600 "buddies" are sought to accompany individual athletes during the games. Translators, event team members, and set-up and tear-down crew members are also needed. For details and to volunteer send email to Larry_Zani@compuserve.com.

Sports and leisure

Things to do

USO trips and events

Rhein Main Area USOs offer a variety of tours, trips and special events in the coming weeks. Among highlights are **Wiesbaden by Night** Jan. 23; **Trier by Train** Jan. 24; a **Hanau Newcomer's Orientation and Information Tour** Jan. 24; **Frankfurt Train and City Tour** Jan. 31; **Nürnberg by Train** Jan. 31; **Wiesbaden Newcomer's Orientation and Information Tour** Jan. 31; **Dining Out in Wiesbaden** Feb. 6; **Berlin Tour** Feb. 6-8; **Mainz Newcomer's Orientation and Information Tour** Feb. 7; **Zweibrücken and Factory Outlet Tour** Feb. 7; **Fasching Dinner and Wine Tasting** Feb. 7; **Expectant Parents Stadtklinik Tour** Feb. 10; **Budapest, Vienna and Salzburg Tour** Feb. 12-16; **Mainz by Night** Feb. 13; **Carnival in Venice** Feb. 13-16 and 19-20; **London Tour** Feb. 13-16; **Ski Express to Austria** Feb. 14-16; **Baden-Baden** Feb. 16; **Cooking With Sybille** Feb. 17; **Amsterdam Tour** Feb. 20-22; **Evelin's Wellness Paradise** Feb. 21; **Paris Express** Feb. 27-29; **La Leche League** Feb. 27 and a **Darmstadt Tour** Feb. 28. Stop by the USO offices at Hanau Pioneer Kaserne (Building 4, civ 06181-56119), Wiesbaden (at the Hainerberg Shopping Center or Building 1043W at the airfield, civ 0611-705 5806), Rhein Main Airbase Terminal (civ 069-699 6469) or Frankfurt International Airport (Hall C Arrivals, civ 069-691 581) for more information.

Theater highlights

Giessen's Keller Theater features "**What's The Mata Hari**," a comedy by Tony Dunham, Jan. 23-24 at 7:30 p.m.; and "**Shirley Valentine**" Jan. 30-31. "**Murder by Misadventure**" opens Feb. 13 and runs through Feb. 28. Auditions for "**Another Antigone**" will be held Feb. 23-24 at 7 p.m. at the theater. Call mil 343-6515 for more information and reservations.

Frankfurt's International Theater and The Theatre Unlimited Performing Company present the classic musical, "**The Music Man**" Jan. 24, 31, Feb. 1 and 7-8 at 2:30 p.m.; and Jan. 31, Feb. 7 at 6 p.m. Tickets are 15 euros for adults, 12 euros for students and 6 euros for children age 3-9. Call civ (069) 499 0980 or email Info@ITF-Frankfurt.de for reservations.

Wiesbaden's Amelia Earhart Playhouse presents "**The Lilies of the Field**" Feb. 19-21, 26-28 and March 4-6 at 7:30 p.m. Call mil 336-2473 or Wiesbaden USO at mil 337-6249 for tickets.

Frankfurt's English Theater presents the rock musical "**Jesus Christ Superstar**" every night except Monday through Feb. 19. Tickets are 19-29 euros. The theater is located in the Gallileo Skyscraper at Kaiserstr. 34. Call civ (069) 2423 1620 or visit the theater's website at www.english-theatre.org for reservations. The English Theater's lounge bar features **free live jazz** Jan. 23 (Trio of Jazz Balads), Jan. 30 (Songs from the Soul) and Jan. 31 (Winter Blues) at 10 p.m.

Museum exhibits

The German Film Museum in Frankfurt presents an exhibit titled "**Oscars in Animation**" now through March 7. Original works from more than 100 films recognized for Oscars in animation since the Academy of Motion Picture Arts began recognizing animated films in 1932 will be on display. The museum is located on "Museum Row" (Schaumainkai 41) on the Sachsenhausen bank of the Main River in Frankfurt.

The controversial exhibit, "**Body World**," an exhibition of anatomical studies, will be featured at the Naxos-Event-Halle in Frankfurt Fechenheim now through April 18. The exhibition hall is located at Wächstersbacherstr. 83.

The Mainz Landesmuseum holds a special exhibition of "**Napoleon's Treasures**" through March 4. The museum is located at Grosse Bleiche 49-51.

By Donald Seltzer
Special to the Herald
Union

A full list of events in the 104th Area Support Group is on the web at 104thasg.hanau.army.mil. Readers are asked whenever possible to pick up an extra set of event brochures and mail them to 104th ASG, Herald Union Volksmarch, Unit 20193 Box 0001, APOAE 09165-0001.

Weekend of Jan. 24-25

Flacht — This walk north of Wiesbaden is in the scenic Limburg area. Consider visiting the interesting town of Limburg if you haven't done so already. Take Autobahn 3 toward Köln and Limburg. Exit at Limburg-Süd to follow B-54 toward Diez and Wiesbaden to reach Flacht.

Start: Turnhalle TuF Flacht **Saturday and Sunday:** 7:30 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Very hilly, woods **Award:** Scarecrow coin bank.

Seibersbach — This event is west of Bingen and adjacent to the scenic Hunsrück region. The town and its walk are easy to reach. Taking Autobahn 61 toward Koblenz, drivers should exit at Stromberg. Follow an unnumbered road 4-5 miles in the direction of Rheinböllen and pick up the road to Seibersbach. Watch for IVV directional signs to guide you.

Start: Dorfgemeinschaftshaus **Saturday and Sunday:** 8 a.m. to 1 p.m. (6 and 11 km) and 8 a.m. to noon (20 km) **Trail:** Fairly hilly, fields and woods **Award:** Model truck.

Weekend of Jan. 31 to Feb. 1

Kleinich/Hunsrück — This event is north-north-west of Idar-Oberstein. From points east use Autobahns 60 and 61 to exit at Rheinböllen. Follow B-50 past Simmern and Kirchberg to Ober-Kleinich, and then an unnumbered road a short distance to Kleinich. From Idar-Oberstein take B-422 through Tiefenstein, B-269 north to Morbach and B-327 to Ober-Kleinich to connect with the unnumbered road to Kleinich.

Start: Gemeindehaus **Saturday and Sunday:** 8 a.m. to 2:30 p.m. (5, 10 and 15 km) **Saturday and Sunday:** 8 a.m. to 2 p.m. (5, 10 and 15 km) **Trails:** Hilly, woods **Award:** From previous events.

Ramstein-Miesenbach — Consider combining this walk with an overnight stay in guest lodging on Ramstein Air Base. Call their reservation desk at mil 480-4920 or civ (06371) 474 920 to inquire about rooms. Reach Ramstein via Autobahns 67 and 6 and the Landstuhl/Air Base exit. Alternately, take Autobahns 63 and 6 from the Mainz and Wiesbaden area. Watch for IVV signs leading to the start.

Start: Reichswald-Hauptschule **Saturday and Sunday:** 7:30 a.m. to 2 p.m. (5, 10 and 20 km) **Trail:** Somewhat hilly, mostly woods **Award:** Weizenbier glass and champagne flute.

Weekend of Feb. 7-8

Herborn — Here's a walk convenient for wanderers in Giessen. Take Autobahn 45 toward Herborn and Siegen. Exit at Herborn-West and follow IVV signs to the start.

Start: Festsaal Rehbergpark **Saturday:** 7 a.m. to 3 p.m. (5 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Hilly, woods **Award:** Model truck.

Nieder-Wiesen — This event is south-south-east of Bad Kreuznach and fairly accessible via Autobahn 63. Bring boots if the weather has been wet; past year's trails have been muddy. Pick up A-63 southbound from Mainz toward Alzey to exit at Erbes-Büdesheim. Follow unnumbered roads through Erbes-Büdesheim and Nack to the start.

Start: Gemeindezentrum **Saturday and Sunday:** 7:30 a.m. to 2 p.m. (5 and 10 km) and 7:30 a.m. to 1 p.m. (20 km) **Trails:** Fairly hilly, fields and woods **Award:** Decorative candle stand **Note:** Longer trails put marchers on a local road for a kilometer or so.

Weierbach — Close to home for Idar-Oberstein's residents, this scenic part of Germany is known for its gemstones and mines. From points east head toward Bad Kreuznach on Autobahn 60 and B-41, continuing on toward Idar-Oberstein and Kirn to reach Weierbach. From Idar-Oberstein head to Bad Kreuznach on B-41 to reach the start.

Start: Hessenstein-Halle **Saturday:** 7:30 a.m. to 2 p.m. (6 and 10 km) and

Take a hike



7:30 a.m. to 1 p.m. (20 km)
Sunday: 7:30 a.m. to 1 p.m. (6 and 10 km) and 7:30 a.m. to noon (20 km) **Trail:** Very hilly with a long uphill start, neighborhoods and woods **Award:** Onyx egg.

Weekend of Feb. 14-15

Bad Marienberg — Although it's a bit of a drive this walk in the Hoher Westerwald region of central Germany should be pretty. From Giessen take Autobahn 45 toward Herborn and Siegen. Exit at Herborn-West to take B-255 and B-414, head west toward Hachenburg and watch for IVV signs.

Start: Schulzentrum **Saturday and Sunday:** 7:30 a.m. to 2 p.m. (5 and 10 km) and 7:30 a.m. to 1 p.m. (20 km) **Trail:** Hilly, woods **Award:** Figurine.

Sensweiler — This Sunday-only walk is just 12 kilometers down the road from Idar-Oberstein — the host club's second such event. Follow B-422 west through Tiefenstein to Katzenloch and an unnumbered road to Sensweiler.

Start: Bürgerhaus **Sunday:** 8 a.m. to 2 p.m. (5 and 10 km) **Trail:** Hilly, family-friendly, woods **Award:** None.

Weekend of Feb. 21-22

Tiefenbach/Hunsrück — Tiefenbach is due west of Bingen and south of Simmern. From Idar-Oberstein take B-41 toward Bad Kreuznach, B-421 toward Kirchberg and B-50 toward Simmern. An unnumbered road south of Simmern will lead through Holzbach to the start at Tiefenbach. Wanderers from points east should connect with Autobahn 61 toward Koblenz, exit at Rheinböllen and use B-50 toward Simmern to pick up the unnumbered road leading to the start.

Start: Wildburghalle **Saturday and Sunday:** 7:30 a.m. to 1 p.m. (5, 10 and 15 km) **Trails:** Hilly, mostly woods **Award:** From previous events.

Villmar — This event is due east of Limburg in the scenic Naturpark Hochaunus. Take Autobahn 3 toward Köln and exit at Limburg-Süd. Follow B-8 toward Lindenholzhausen to Niederbrechen, where an unnumbered road leads to Villmar.

Start: Schule **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Hilly, woods **Award:** From previous events.

Weekend of Feb. 28-29

Ludwigshafen am Rhein — Trails at this event take participants along the banks of the Rhein on this leap year day weekend. From the center of the 104th ASG take Autobahn 67 south to the Viernheimer Dreieck. Take Autobahn 6 toward Ludwigshafen, exit at Ludwigshafen-Nord and follow IVV signs to the start. From Mainz, head south on Autobahn 61 to pick up Autobahn 6 eastbound and, as above, exit at Ludwigshafen-Nord.

Start: Gemeinschaftshaus in the suburb of Pflingstweide **Saturday and Sunday:** 6:30 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Flat, mostly stroller-friendly, fields and riverbank trails **Award:** Decorative candle stand.

Rhaunen — This walk is in the Hunsrück region west of Bingen, an area known for its scenic beauty and year-round series of walking trails. Trails of 42 and 50 kilometers are offered at this event for challenge-seeking wanderers.

Take Autobahns 60 and 61 toward Bingen and Koblenz. Exit at Rheinböllen and follow B-50 and B-421 to Kirchberg. Continue through Dickenschied, Rohrbach and Woppenroth to reach Rhaunen on an unnumbered road. From Idar-Oberstein take B-41 and B-421 to reach an unnumbered road leading to Schlierschied, Woppenroth and Rhaunen.

Start: Idarwaldhalle **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km), 7-9 a.m. (42 km) and 7-8 a.m. (50 km) **Saturday:** 5:30-6:30 p.m. (torch walk) **Trails:** Hilly, mostly woods **Award:** Beer mug (shorter routes) or patch and certificate (long routes).

Rothenburg ob der Tauber — This walk offers an exploration of the medieval walled city of Rothenburg. The Saturday-only old town walk includes a mini-tour of its many shops and sights. In conjunction with this special walk a 25 percent admission discount is offered to a number of museums and attractions to IVV start card holders. Follow Autobahns 5, 6 and 7 past Heidelberg, Heilbronn and Crailsheim to reach Rothenburg. Alternately, take Autobahns 3 and 7 via Würzburg and Kitzingen. This event is insanely popular with volksmarchers, but parking is plentiful.

Start: Sporthalle on Erlbacher Strasse **Saturday:** 7 a.m. to noon (6, 11 and 20 km outside of city) and noon to 5 p.m. (11 km old-city trail) **Sunday:** 7 a.m. to 2 p.m. (6 and 11 km) and 7 a.m. to 1 p.m. (20 km) **Trails:** Old town routes are paved with some steps; trails in the surrounding area are hilly and wooded **Award:** Beer mug.

Questions? Send email to volksmarch@hotmail.com.

Sports and leisure

Sports shorts

Intro to fitness

The 221st Base Support Battalion's Sports and Fitness Branch offers introductory fitness classes in January and February. Classes are every Tuesday and Thursday at 5 p.m. for 30 minutes at Wiesbaden's Tony Bass Fitness Center. Learn more about the basics of step, kickboxing and more. Call mil 337-5943.

Groundhog Day Run

Giessen Sports and Fitness hosts the Groundhog Day Five-Kilometer Run and Three-Kilometer Family Walk Jan. 31 at 11 a.m. at the Ironside Bowling Lanes on the Giessen Depot. Registration is from 9:30-10:45 a.m. Cost is \$10 or \$15 including a commemorative T-shirt. Entry is free for walkers. Call mil 343-7201.

Racquetball tourney

Hanau's Pioneer Fitness Center hosts the Martin Luther King Jr. Racquetball Tournament Jan. 22 from 4-8 p.m. Entrance is free. Call mil 322-8197 or civ (06181) 88-8197 to sign up.

2004 Point Bowl

Giessen's Ironside Lanes on the Giessen Depot feature the 2004 Point Bowl through Feb. 15. Win a prize for having the highest total pins. Call mil 343-7702.

Boxing tourney

The Dexheim Fitness Center hosts the 221st Novice and Open Boxing Tournament Feb. 28 at 6:30 p.m. Participation is free. Spectator admission for those age 12 and up is \$3. Call mil 334-5746 or 337-5379.

Work out during work

The next open enrollment for the Civilian Fitness Program in the 221st Base Support Battalion is Feb. 15 to March 12. Free fitness assessments will be conducted March 15 from 1-4 p.m. and March 16 from 8:30-11:30 a.m. at Wiesbaden's Tony Bass Fitness Center. Call mil 337-5379.

Racquetball Challenge

Sign up for the monthly Racquetball Challenge Cup at Baumholder's Mountaineer Fitness Center starting in February. Cost is \$3. All players must be age 17 or above. Call mil 485-7732 for details.

Unit-level b-ball

The 284th Base Support Battalion Unit-Level Basketball Championships will be held Feb. 14-15 at Giessen's Miller Hall Fitness Center. Registration is free to unit-level teams. Call mil 343-7521.

Indoor soccer

Giessen's Miller Hall Fitness Center hosts an indoor pre-season soccer tournament Feb. 26-27. Call mil 343-7521.

Work out at Pioneer

Hanau's Pioneer Fitness Center features spinning Mondays and Thursdays at 6 p.m., yoga and body balance Tuesdays at 5 p.m. and step/floor aerobics Wednesdays at 6 p.m. Cost is \$3 per class or \$30 for 12 classes. Call mil 322-8197.



Photos by Gene Knudsen

Hanau Panther Kyri Bye-Nagel drives for the basket against Heidelberg in a game in December. Photo right: Giessen JROTC rifle team cadet Kathryn Prosser takes aim to lead her team to victory at the Heidelberg Northwest Conference Rifle Competition.



Shooting their way to victory

Hanau, Giessen athletes dominate basketball, rifle competitions

By Karl Weisel

104th Area Support Group Public Affairs Office

As Department of Defense Dependents Schools got back into the swing of things after the holiday break, local athletes continued their winning ways.

Hanau's varsity girls basketball team knocked off Vilseck in a pair of games Jan. 9 and 10 at home to add to their 6-0 win streak. Before the break they had put away a strong Heidelberg team on the Lady Lions' home turf to continue their winning ways.

"We started out pretty well this year," said Michael Hunt, coach of the Hanau Pan-

thers. "I have five returning players from last year.

How is it looking for the rest of the season? "Last year we went undefeated but lost the final game against Bitburg," said Hunt. "If we're going to win the championship, this is the year."

With eight games still to go, Hunt said the Panthers have their work cut out for them. The last two weekend games include games against Bitburg and American Forces North.

"Bitburg has won it (the championship) three years in a row," said Hunt, adding that both teams can be beaten and Hanau players will do their best to make that happen.

"They're a good team. They've got great heart — they're a great bunch of ladies," said the Hanau coach.

Hanau junior varsity and varsity basketball teams take on teams from SHAPE, Belgium, Jan. 30-31 at Hanau's Cardwell Fitness Center. JV games kick off at 4 p.m. with the varsity teams taking the court when those games are completed.

Giessen's Junior Reserve Officer Training Corps Rifle Team dominated the Northwest Conference Rifle Competition in Heidelberg Jan. 10. Giessen's Kathryn Prosser led her team by scoring 276 out of a possible 300 points.

Giessen won the competition with 1,287 points, followed by Hanau with 1,271, Heidelberg with 1,254 and Baumholder with 1,200 points.



Photos by Karl Weisel

'Under the Burning Sun'

A guide describes the various plants and animals (such as the desert foxes above) in the Sonora Desert as part of the Wiesbaden Landesmuseum's "Under the Burning Sun, Life and Survival in the Sonora Desert" exhibit. It features live lizards, handicrafts and displays from the southwestern United States and northern Mexico and runs through June 13. Admission is 4 euros for adults and 2 euros for children. English-speaking guides are available. Call civ (0611) 335 2194.